

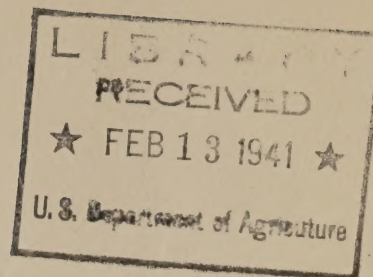
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to call

SUGGESTIONS

for

NUTRITION EXHIBITS FOR COMMUNITY USE



Compiled by the

Massachusetts State Department of Public Health

and

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by the

U.S. Extension Service

United States Department of Agriculture

Washington, D.C.

FOREWORD

Simple nutrition exhibits that are easily assembled are useful in prenatal clinics, well-child conferences, mattress-making meetings, home demonstration and 4-H Club meetings, schools, store windows, achievement days, and local fairs. The exhibits suggested in the following pages by the Massachusetts State Department of Health primarily for the use of health workers, require only a poster, a table, and a few foods. Thus they can be readily set up by leaders, local committees, and students. They are one-idea exhibits that feature the buying, preparation, or use of one food or food group needed in a good diet. Thus they fit in both with the long-time nutrition program and with the accelerated nutrition-for-defense program. An appropriate piece of literature is shown, and distributed to inquirers, with each exhibit.

Other single ideas equally simple to illustrate will doubtless suggest themselves to extension workers along the lines of the home food supply, home garden practices, home care of milk, home canning practices, the food preservation budget, and home food storage.

Members of the State nutrition committee may wish to decide on certain exhibits that are particularly needed in the State, and to set up hundreds or thousands of such exhibits through agencies represented on the committee and cooperating agencies.

The posters may be printed on colored poster paper (available at 5 and 10 cents a sheet) with an Esterbrook drawlet pen with a flat point or written in a flowing hand with a speed ball pen. A blackboard may be used but is less effective.

NOTE:

Recommendations for using a part of the day's supply of flour and cereals in the form of products made from the whole grain, especially in low-cost diets, are based on the fact that in milling and refining processes much of the Vitamin B₁ and iron, and certain valuable phosphorus compounds found in the germ and the bran coats are lost.

Since these exhibit suggestions were compiled, several prepared breakfast foods formerly belonging in the "refined" or "light" cereal group have been fortified with Vitamin B₁, some of them with other vitamins and certain minerals as well. Some flour manufacturers are preparing to reinforce their highly milled flours in much the same way.

For this reason, examine packages of flour and prepared cereals for statements of vitamin and mineral reinforcements before grouping them as to their vitamin and mineral content.

Miriam Birdseye

Miriam Birdseye
Extension Nutritionist
United States Department
of Agriculture

Poster

(Exhibit #1)

Getting Your Money's Worth in Cereals

Table

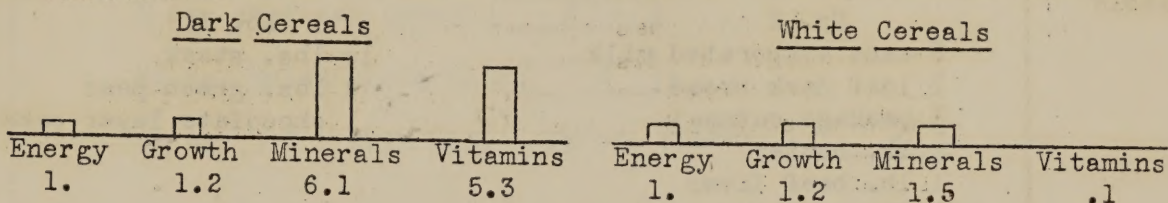
Oatmeal	Oatmeal	Shredded Wheat Maltex Malt Bkfst. Food Ralston	Grapenuts	Puffed Wheat
5¢ lb.	7¢ lb.	12¢ lb.	24¢ lb.	40¢ lb.

Note: It is wise to cover brand names. (Or pour the cereals into dishes.)

Poster

(Exhibit #2)

Are You Getting Food Value for Your Money?



Table

(Oatmeal Pettijohn Shredded Wheat Ralston Grapenuts)	dark -	(Force or Wheaties) - dark Puffed Rice Rice) - white Cornflakes)
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Fill dishes with cereals and put in groups as listed above:-
dark - white.

Poster

(Exhibit #3)

How Many Green Vegetables Does Your Family Like?

They need one serving each day.

Table

Cabbage Lettuce Spinach Kale Endive	Brussels Sprouts Broccoli or any in the local market
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Distribute

Cabbage Recipes

Poster	(Exhibit #4)	Vitamin D For strong teeth and bones Sunshine Summer -- good supply Spring and Fall -- fair supply Winter -- poor supply Be safe -- use these foods too
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Table	Vitamin D -- metabolized milk	Price
	Can irradiated milk	Price
	Cod liver oil -- bottle tablets capsules	

Poster	(Exhibit #5)	Do You Spend Your Dollars Wisely? These two orders cost \$1.00 each but No. I has 3 times as much food value as No. II.
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Table	No. I	No. II
	3 cans evaporated milk	1 $\frac{1}{2}$ lbs. steak
	1 loaf dark bread	2 lbs. green peas
	1 package oatmeal	1 chocolate layer cake
	$\frac{1}{4}$ lb. butter	
	1 lb. beef liver	
	3 lbs. potatoes	
	3 lbs. cabbage	
	3 lbs. apples	

Distribute	"Your Guide"
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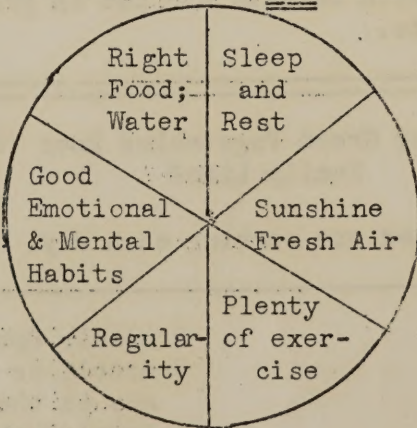
Poster	(Exhibit #6)	Good Health Depends on <u>All</u> These Things 
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Table	Alarm Clock
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Distribute	"Food for Teens" (because of circle on back page) "Healthful Living"
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(Exhibit #7)

Poster

These Have About the Same Food Value

Use the ones that fit
your pocketbook best

(Put prices and amounts on a card)

Table

1 qt. milk --	(Special	<input type="text" value="¢ qt."/>
	(Family	<input type="text" value="¢ qt."/>
17 oz. evaporated milk	1 tall cn. = $14\frac{1}{2}$ oz.	<input type="text" value="¢"/>
(2 measuring cups evap. milk + 2 meas. cups water)		
1 qt. skim milk - $1\frac{1}{2}$ oz. butter		<input type="text" value="¢"/>
5 oz. American cheese		<input type="text" value="¢ lb."/>
$4\frac{1}{2}$ oz. dried whole milk		<input type="text" value="¢"/>
$3\frac{1}{2}$ oz. " skim milk - $1\frac{1}{2}$ oz. butter		<input type="text" value="¢"/>

Distribute

"Cooking for Health"

(Exhibit #8 omitted)

Poster	(Exhibit #9)	Penny-Wise Cookery		
		Use the juice from cooked and canned vegetables in soup or gravy. Bake or boil potatoes in the jackets or pare <u>very</u> thin. Use left-over bread and cereal for pudding. Heat canned tomatoes quickly and serve at once.		
Table		Potato and paring knife Raw carrots and can of peas - beside a sauce pan Can of tomatoes End of loaf of bread		
Poster	(Exhibit #10)	How Many Ways Do You Serve Dark Cereals?		
		(Buy or bring actual foods - or use colored pictures from "ads.")		
Table		dark cereal	graham muffins	cracked wheat or barley
		whole wheat sandwich	fruit, cereal, pudding or steamed graham pudding	oatmeal cookies
Distribute	"Cooking for Health" or "Whole Wheat Recipes" from Extension Service Open one copy on the table to recipes for breads and cereals.			
Poster	(Exhibit #11)	Which of These Dark Breads do You Know and Use?		
Table		Place as many kinds of dark breads as you can buy or borrow--		
		graham cracked wheat whole wheat dark rye	pumpernickel rye-krisp oatmeal bran	brown bread (If many Scandinavians in district, add Swedish and Norwegian flat bread)
		(Mark with price per pound, if desired.)		
Distribute	"Cooking for Health"			

Poster	(Exhibit #12)	Preventing Constipation
		More rest and less rushing around More <u>dark</u> breads and cereals More <u>raw</u> fruits and vegetables More <u>dried</u> fruits Extra water More time for regular toilet habits
Table		Clock Pitcher of water and a glass Dark breads and cereals Apple, celery, cabbage, carrot, prunes,
Distribute	"Fruit Candies"	"Aids to Bowel Movement"
Poster	(Exhibit #13)	Use Vegetables Every Day
	<u>Potatoes</u> 1 or 2 servings most valuable baked, steamed or boiled in jackets	<u>Two Other Vegetables</u> 1 raw vegetable or canned tomato 1 or more cooked
Table	white and sweet potatoes	File of other vegetables, including canned tomato
Poster	(Exhibit #14)	For Yourself and the Baby-to-be
	These are important: <u>Wise choice of food</u> - include milk, raw fruits, vegetables, dark breads and cereals, cod liver oil daily <u>Extra rest and relaxation</u> - if only for a few minutes at a time	
Table	Milk - fresh or evaporated Dark breads and cereals Egg Meat Potato and two other vegetables Fruit Cod-Liver Oil	
Distribute	"Protecting Two"	

Poster	(Exhibit #15)	<p>To Protect Your Teeth and Nerves and the Baby's Use milk in more ways; Eat a raw fruit or raw vegetable or some canned tomato daily; get extra vitamin D -- (sunlight or Cod-Liver Oil)</p>	
Table	Milk	<p>Canned tomato-orange-grapefruit (Bowl of raw fruits and vegetables, etc., nicely arranged) Cod-Liver Oil</p>	
Distribute		<p>Teeth Leaflets - Massachusetts Department of Public Health (National Dairy Council has some good posters on this, too -- 111 North Canal St., Chicago, Illinois)</p>	
Poster	(Exhibit #16)	<p>Milk -- your <u>most important</u> food Do you get two or more cups-plain, or in food, each day?</p>	
Table		<p>Milk in a bottle) " " " can) Cottage cheese) Store cheese) Cream soup) Cream pudding) Cereal (use cereal dish and pitcher of milk)</p>	<p>Use actual food or pictures - mounted on cardboard</p>
Distribute		<p>"More Milk - Smaller Bills" Evaporated Milk Association 307 N. Michigan Avenue Chicago, Illinois</p>	

Poster	(Exhibit #17)
	These foods help to build good rich blood
Table	<p>Molasses</p> <p>Gingerbread - molasses cookies</p> <p>Green vegetable</p> <p>Dried fruit - prunes - raisins</p> <p>Egg-meat (Liver-especially)</p> <p>Dried beans</p>

Distribute
Liver Recipes or "Your Guide"

Poster	(Exhibit #18)
	Getting Your Money's Worth in Vegetables
	<div> <div>Use these raw often</div> <div>↓</div> </div> <div> <div>Bake these</div> <div>↓</div> </div> <div> <div>Make soup or gravy with the juice from cooked or canned ones</div> <div>↓</div> </div> <div> <div>Leafy, green and yellow ones are es- pecially val- uable</div> <div>↓</div> </div>
Table	<div> <p>Carrots</p> <p>Cabbage</p> <p>Lettuce</p> <p>Turnips</p> <p>Cauliflower</p> </div> <div> <p>Potatoes</p> <p>Squash</p> <p>Beets</p> <p>Dried beans and peas</p> </div> <div> <p>Raw carrots</p> <p>Can of peas</p> <p>Sauce pan</p> </div> <div> <p>Carrots</p> <p>Spinach, etc.</p> </div>

Distribute
"Cooking for Health"

Poster	(Exhibit #19)
	<p>Dark Breads and Cereals Give</p> <p><u>More</u> iron for red blood</p> <p><u>More</u> Vitamin B for good appetite and digestion</p> <p><u>More</u> bulk to prevent constipation</p> <p>Plenty of energy</p> <p><u>at no extra cost</u></p>
Table	<p>Exhibit a number of different kinds of dark breads and cereals</p>

Distribute
"Cooking for Health"

Poster	(Exhibit #20) These foods may be used in place of some of your meat and <u>cost less</u>
Table	Can of pink salmon Salt fish Eggs Milk Cheese Dried peas-pea soup Dried beans, baked or boiled - York State pea beans, or kidney beans
Poster	(Exhibit #21) Do your meals measure up? If you spend about \$1.75-\$2 per person for food each week Use This <div>Your Guide</div> (\$7-\$8 for 4 people) See page 6
No table exhibit, unless it be several pocket- books of different sizes	If you spend about \$3-\$3.50 per person for food each week Use This <div>Food Wise - Money Wise</div> (\$12-\$15 for 4 people) See page 6
Distribute	"Your Guide" - - - "Food Wise - Money Wise"
Poster	(Exhibit #22) Fruit Candies Delicious Economical Healthful
Table	Plate of fruit candies - with recipes If desired, the equipment for making may be displayed -- box prunes - peanut butter - meat grinder - knife, etc. -----
Distribute	Fruit Candy Recipes

Poster

(Exhibit #23)

See what 10¢ will buy; get your
money's worth!

Table

8 oz. beef liver @ 20¢
5 oz. hamburger @ 30¢
3 oz. sirloin @ 48¢

The liver has the most food value

(sign)

Note -- figure amounts from local prices on meats

Distribute

Liver Recipes

Poster

(Exhibit #24)

See what 5¢ will buy;
get your money's worth!

Table

$\frac{1}{2}$ box potato chips (if 10¢ box)
or small bag potato chips

3 lbs. potatoes (if potatoes are 25¢ pk.
if 30¢ pk. - use $2\frac{1}{2}$ lbs. potatoes)

Distribute

"Potatoes Go With Milk" leaflet

Evaporated Milk Association, 307 North Michigan Ave., Chicago, Ill.

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DEPARTMENT OF THE INTERIOR

OFFICE OF THE
SOLICITOR GENERAL
WASHINGTON, D. C.

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